1. Hold the handle with your index finger and thumb.

2. Reach over the head and pull top of ear upward.

3. With other hand grasp plug handle and gently push and twist into ear canal until a tight and comfortable seal is made.

4. Correct fit.

5. Incorrect fit.

PUSH & TWIST TO FIND YOUR FIT

Glide®
find your fit®

FITTING INSTRUCTIONS FOR GLIDE FOAM AND GLIDE TRIO EARPLUGS

6940 & 6945
Glide Foam

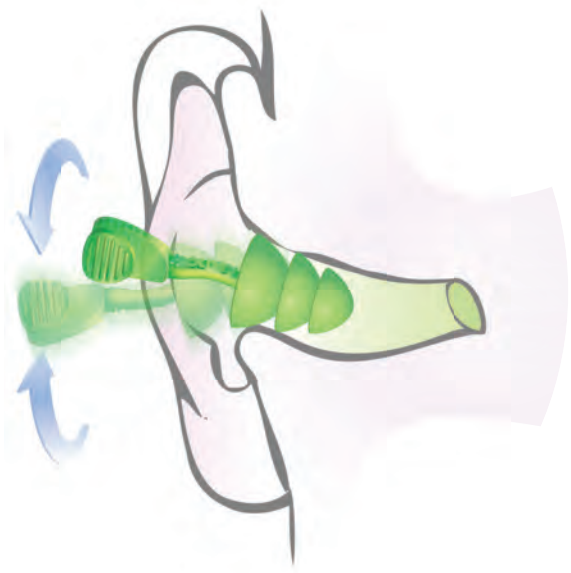
NRR 30 dB

SLC_{80} 24 dB Class 4

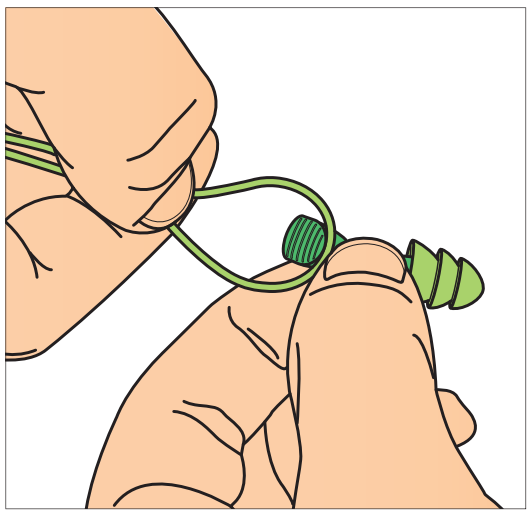
6445
Glide Trio

NRR 27 dB

SLC_{80} 26 dB Class 5



GLIDE's unique multi-curved stem rotates for a custom fit inside each ear canal. Because no two ear canals are alike. Just push and twist to find your fit. You'll instantly feel a comfortable seal.



TO ATTACH OPTIONAL CORD: Form a loop at end of cord, position around groove at base of handle then pull down to lock in place.

USER FIT CHECK In a noisy environment with earplugs inserted, cup hands over both ears and release. If the earplugs are inserted correctly, you should not notice a significant difference in attenuation. If a proper fit has not been obtained, move to a quiet area and repeat fitting instructions.

CAUTION: Glide Trio and Foam earplugs must be fitted and worn correctly to provide effective protection. Wash or clean hands before use. Remove with a slow twisting motion to break the seal. Due to the tight seal, rapid removal may damage eardrum.

See box for warnings, cautions and limited warranty.

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